

I didn't masturbate for 4 days!!!!!!!!!!

Posted by 14 - 07 Aug 2010 21:52

Hello everyone

I just thought I would let everyone know that it is the first time since I started that I managed to stop myself from masturbating for 4 days straight!!!

I hope to go at least another 2 or 3 days.

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Re: I didn't masturbate for 4 days!!!!!!!!!!

Posted by DesertLion - 07 Aug 2010 22:16

Hey 14,

That's great, keep up the good work! Remember it's all in the mind, you can do it if you are determined enough. When I was 14, just going 5 days without having my little 'fix' seemed like an eternity. If you have the time, I just want to share a little story with you that my mother once told me to illustrate the value of patience and perseverance.

The Chinese have a story about a man who lived in a remote village with his wife, cut off from the outside world by 2 huge mountains. He decided one day that he would remedy this problem by moving the mountains with his own hands. His fellow villagers laughed at him and said he was a madman to even entertain the thought of such an 'impossibility'. The man was undaunted and said to his fellow villagers, "I'll start by moving small pebbles, then I'll go onto rocks and boulders. When I die, my sons and my grandsons and their children will carry on my work. One day, if we never stop labouring, even 2 huge mountains like these can be levelled.

Therefore, this man set to work everyday to remove the mountains. Eventually, when he had sons, they helped him as well. Years later, God was so impressed with this man's efforts that he sent two angels down to earth. Each of the angels carried a mountain away on their backs. The mountains were moved before this man died, and the villagers ceased mocking him.

Maybe we can learn two things from this story: firstly that although this struggle is as difficult and as arduous as 'moving a mountain', if we persevere and try our best, then perhaps God will be eventually moved to take the pain of the struggle away from us. Secondly, it doesn't matter what the villagers (the world) says. They can laugh and say we're crazy to impose these burdens on ourselves, but in the end, by doing the right thing we'll only benefit ourselves.

Don't give up and don't stop fighting!

BW,

DL

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Re: I didn't masturbate for 4 days!!!!!!!

Posted by 14 - 09 Aug 2010 15:25

Thanx

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Re: I didn't masturbate for 4 days!!!!!!!

Posted by ur-a-jew - 09 Aug 2010 16:01

14. That's great news. Remember just keep taking one day at a time, you'll be amazed at how quickly these days can add up and how much strength you really have inside you. Look around on other people's threads when they were starting out. They too thought they would never be able to go more than a couple of days without acting out. Now those same people have been sober for months or even years. Keep it up, and if you ever feel like it's unbearable just give a shout out on the site someone will come to give you chizuk, and help you through the day.

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Re: I didn't masturbate for 4 days!!!!!!!

Posted by 14 - 09 Aug 2010 20:52

Thanx

I just wanted to say that BH I'm still going I'm holding day 6!!

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Re: I didn't masturbate for 4 days!!!!!!!

Posted by 14 - 12 Aug 2010 08:15

7 days!

I cannot beleave myself.

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Re: I didn't masturbate for 4 days!!!!!!!

Posted by ToAdd - 12 Aug 2010 12:48

7 days!

Well done, that's great!.

I cannot beleave myself.

People often hold themself back because they believe they can't do it.

This is usually a false belief. If there is ANYTHING you think you can't do, ask yourself "Why Not?"

If it's not dangerous or forbidden, then you have no valid excuse not to try accomplish it and people are often surprised by what they can accomplish if they don't hold themselves back!

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